

What City employees have to say about WYCM:

"I had some positive changes that allowed me to go off insulin ... Take control of your health because you only get one body ..."

"I started with little changes ... I walk the stairs ... "wellness program had a great impact on my life and health ..."

"I was a 2½ pack a day ... I quit ... I wish I had quit years ago ..."

"Smoker for 20 years, non-smoker for 3 years ... my health has improved so much ..."

"Wellness program has pushed me to start living a healthier lifestyle ... with help of consultation with health expert ... able to change eating habits ... given me more energy throughout the day ... exactly what I need as a firefighter ..."

"Wellness program motivated me to stop talking about changing my life and start changing it right now ... health and family is now top priority, not food"

"I am getting restful sleep ... gives me energy to exercise ...take control of your health because you only get one body ..."

"Wellness assessment helped me get my positive habits back on track ... looking forward to next year's appointments ..."

"Working out and training for two 5K runs ... eating right ...surpassed my goals and made me so proud."

"learned how to make healthy substitutions ... changing my unhealthy food habits ... dance and yoga to my schedule"

"Decided to do one 5K event every month from March through November ...took third place in a 5K trail run ..."

"I made vegetables and fruit a bigger part of my diet ... go to farmers market every weekend ... walk more ..."

"program helped me understand the advantage of starting at age 25 ... more confident that I have control over my health ..."

"Things are looking better for me, but more important, for my family ...altering my diet, emphasis on vegetables and fruits ..."

"The wellness program helps you to stay well ... drink plenty water ... get more sleep"

"Reassessed our exercise routine and eating habits ... made huge improvements in our health ...Find something you love to do and stick with it ..."

Program has changed the way I eat ... lost 100 lbs ... great feeling to promote healthy lifestyle ... trickled to entire family "

"By making lifestyle changes, I saw improvements ... if it had not been for the City of Milwaukee wellness program my health would have declined without any warning signs ..."

"The program provides a strong reminder that I control the choices I make ... the steps I take to achieve better health."

"Program made me aware that I need to make serious changes in my lifestyle ... a 6 year old son is my all and my inspiration "

"I feel better ... my weight is managed ... I exercise regularly ... I'm still working on healthy lifestyle changes ..."

"The wellness program has had a great impact on my life and health ... aware of how my daily choices affect my health in the long run ..."

"Through the City of Milwaukee's Workforce Health Program we learned how to increase activity, eat smart and maximize results. It has made a noticeable difference."